

HQ 56
S55
Copy 1

EDUCATIONAL PAMPHLET No. 7

THE MOTHER'S REPLY

A Pamphlet for Mothers

By
NELLIE M. SMITH, A.M.

Recommended for Publication by the Committee on
Education and endorsed by the Executive Committee

Monograph

The Society of Sanitary and Moral Prophylaxis

PRINCE A. MORROW, M. D. FOUNDER
TILDEN BUILDING, 105 WEST 40TH STREET
NEW YORK CITY
TELEPHONE 5195 BRYANT

OBJECT

The object of this Society is to limit the spread of diseases which have their origin in the Social Evil. It proposes to study every method, sanitary, educational, moral and legislative, whereby this object may be promoted.

MEMBERSHIP

Membership entails the following personal advantages.

- I. Receipt on election of a set of seven Educational Pamphlets, and three Reprints.
- II. Annual Subscription to the Magazine.
- III. Receipt, on publication, of all further literature.
- IV. Notification of the meetings of the Society.

ACTIVE \$2.00

(This fee covers only the actual cost of literature furnished)

CONTRIBUTING \$5.00

(This fee also helps meet general office expenses)

SUSTAINING \$10.00

(This fee further provides for the extension of lecture and other educational work.)

Dues are payable in advance from date of election.

Members are elected at the regular meetings of the Society, held on the second Thursday in February, April, October and December.

The Mother's Reply

A Pamphlet for Mothers

By

Nellie M. Smith, A. M.

Author of "The Three Gifts of Life"

A Book for Girls

EDUCATIONAL
PAMPHLET No. 7



THE SOCIETY OF
SANITARY AND MORAL PROPHYLAXIS

Tilden Building

105 West 40th Street

New York City

HQ56
S55

Copyright 1914,
By Nellie M. Smith
(All Rights Reserved)

3

MAY -1 1914

Printed by
Frederick H. Hitchcock
105 West 40th Street
New York

#.10

© Cl. A 369918

201

A FOREWORD TO MOTHERS.

So much has been said of the necessity of parents instructing their own children in those matters which have to do with the origin of life, that many would gladly do so, only they do not know how. The most natural, and for many reasons the best way, is by what is called the biological approach. Beginning with the flowers, the child is taught the processes of reproduction through the simplest forms of animal life to the higher forms, and thence to the human being. Some very good books have been written illustrating this method, but many parents have had no instruction in biology themselves, and feel quite unequal to the task, even with the aid of books. Besides this, many schools are now teaching reproduction in the lower forms of life, so that it is not so necessary for the parent to take up the biological side as it might otherwise be.

This pamphlet is written to show mothers who have no knowledge of biology how to tell about the coming of the baby. The first chapter is for use with the very little child, either boy or girl. As soon as a child is old enough to wonder and to question, he is old enough to be told this simple story. The other three chapters are written for the purpose of showing how to continue the story to the little girl as she grows older and asks more questions. Each one deals

with a different and progressive phase of the subject. *The whole story should never be told at one time unless the child draws it out by questions. The pamphlet is intended as a guide for the mother and is not to be placed directly in the hands of the child.* The best results will be obtained if the mother does not let it be known that she has been reading about the subject, but rather, after getting what help she may need, speaks as from her own personal knowledge. This will make the talk much more informal and intimate.

The story is told in greater detail—particularly on pages 10 and 11—than would be necessary or even desirable to give to most children. Children differ so much from each other that they cannot all be treated alike, and the mother must use her own discretion as to how much to tell. However, her attitude should always be one of willingness to answer any question that may be in the child's mind.

There are three things which I wish could be impressed upon every parent. The first is the great desirability of keeping his child innocent. To do this he must not keep him ignorant. Ignorance may include both good and evil, while innocence refers only to evil. The very best way to abolish morbid or prurient curiosity is to satisfy normal curiosity. Tell a child all that he wants to know about the normal side; then he will not be tempted to discuss the prurient side with other children. In talking to children, *always* give the normal and ideal side; let the first impression, which will be the strongest and will tend to be the underlying one, be of the highest.

Secondly, the best time to acquaint a child with the

facts of life is before the age of puberty. There is a psychological reason for this. Before puberty, a child sees things from the objective standpoint; facts are interesting in themselves, rather than in their relation to him. But after puberty, and particularly during the period of adolescence, knowledge becomes subjective; it is seen in relation to himself. This is especially noticeable in matters relating to sex. To the child, they are interesting for their own sake, but to the girl or boy in the teens, these facts—particularly if learned for the first time, or if talked over among themselves—are all thought of in a personal way.

Finally, I wish every parent could realize the importance and the value of keeping the confidence of his children. It is pathetic to hear children say, as they have said to me many times, "Of course I couldn't talk to my mother about that." A refusal to tell the story of life, or a deception by the parent upon this subject, is the rock upon which many a confidence has been wrecked. If the parent is able to get the child to discuss the subject, even after he has heard about it from other children, it may be the means of re-establishing that confidence which every parent should make it his aim to win and to hold.

THE MOTHER'S REPLY.

I.

Come sit on mother's lap and she will tell you what you want to know—where the baby comes from. But first let me ask you a question. Where does the bird come from? Why, of course, you know that! The bird comes out of an egg which the mother bird lays in a nest way up in a tree.

The father bird and the mother bird bring pieces of grass and bits of horse hair which fell out of a horse's tail, and they build a nest just on purpose for the mother bird to lay her eggs in. They don't want anyone to steal their eggs or hurt their little babies, so they put the nest way high up in a tree where it will be hard to reach.

God taught the little birds how to build their nest. He taught the mother bird to sit on the eggs and keep them warm till the baby birds come out, and He taught the father bird to bring her things to eat and fight anyone that wanted to hurt her or steal the eggs.

After the little birds come out of the shell, God taught both the mother bird and the father bird to hunt for things with which to feed their little babies, and to protect them from harm until they are old enough to fly away and take care of themselves.

The little baby starts life just the same as the little bird—in an egg; only it is such a tiny, tiny bit of an egg, and such a very precious egg, that it must have a much better, safer nest than the kind that the birds

build for their little ones. It is God who made the nest for the little baby; a wonderful nest, so soft and warm, and in the very safest place you could possibly imagine, right close under mother's own heart.

This little egg in mother's nest grows and grows, and pretty soon it turns into a wee little baby. Oh, a tiny, tiny little bit of a baby; so small that it must stay a long time in the nest where it is warm and safe.

All the time that the baby is in its nest, mother is thinking about it, and sewing little baby clothes for it. Father knows that the little baby is growing in mother's nest, too. He works hard to earn money so that he can take good care of mother, and buy all the things that the little baby will need. Father is extra kind to mother now; he waits on her, and does not let her do any hard work. He does not want her to get tired, for then she could not take such good care of the baby that is growing in the nest close under her heart.

When the baby is big enough to leave the nest, it just knocks on the door and comes out. Mother and father are *so* glad to see it. They have been waiting for it such a long time that it makes them very happy to be able to look at it and hold it in their arms, and they love it now more than ever.

This is such a beautiful story, let's make it a secret between just you and mother. If any other little boy or girl asks you if you know where the baby comes from, you say, "Yes, my mother told me, but it's a secret we have together, so I can't tell, but if you want to know, you ask your mother, then you can have a secret, too."

II.

When you were a little girl, you came to me one day and asked me where the baby comes from. Since then we have had a secret, just we two together, about the dear little baby in its soft, warm nest cuddling up close to mother's heart.

Now that you are getting to be a big girl and can understand things better, I am going to tell you some more of the wonderful story of the way the little baby begins its life.

Of course, you know that it is God who creates every living thing; but He allows His living creatures to help Him in His work. Even the animals must do their part to help in bringing up little animals just like themselves.

When the chicken begins life it is a tiny, tiny bit of an egg tucked away in a warm, safe little nest inside the mother hen. This egg grows and grows until by-and-by it is surrounded by a shell. Then the mother hen lays it in a nest, which is made of straw, out in the chicken-house.

If you break open a chicken's egg, you will find two things; a yellow ball in the center, and a sticky white substance surrounding it, but nothing that looks like a chicken. Still, tucked away inside the yellow ball, is a tiny speck which has the power to turn into a chicken. The rest of the egg is the food for the chicken to grow on.

That is God's part in the creation of the chicken, the rest the mother hen must do; she sits on the eggs

and keeps them warm until the little downy chicks hatch out, then she scratches around in the ground hunting for things for them to eat, and at night she spreads her wings over the little chicks to keep them warm. If any one tries to steal or hurt her little ones, she fights for them. All this she does until they are quite old enough to take care of themselves.

So, too, it is with the coming to life of the little baby. God prepared a wonderful nest for it; so safe and warm and soft beneath the mother's heart. Here the baby begins its life in a very tiny little bit of an egg; so small you couldn't even imagine it any smaller. In order to live and grow, it must have something to feed on, just the same as you and I. We eat different kinds of food, which go to make red blood. The blood is pumped by the heart to every part of the body, so that no matter where you prick yourself a little drop of blood will come out.

If the little tiny egg could have blood like that, it could grow too, and that is just what it gets. The little egg cuddles up close to one side of the nest, just the way you have seen baby cuddle close to mother. The lining of the nest rises up all around the little egg so as to shield it, just as mother puts her arms around the baby to protect it from harm. Then, just as mother feeds baby with milk from her breast, so this wonderful nest supplies the little egg with blood to feed it and make it grow; blood that is made from the food that mother eats, and pumped from mother's heart right to the nest. From mother's blood the little tiny egg gets everything it needs to make it grow into a perfect baby.

It would be so easy now to imagine a good fairy waving her wand and making everything happen in just the very best way. For soon after the tiny egg cuddles up in the nest, it begins to grow. It grows, and it grows, and it grows. After a while, the egg turns into a tiny little baby. The baby needs still more care than the egg does, so a soft warm blanket grows all around it, tucking it in as safe and close and warm as mother tucks baby in the cradle.

As soon as the egg begins to grow, the nest begins to grow too. All the while that the baby is growing, the nest is growing too, growing just as fast as is needed, so as to give the baby plenty of room.

After a while, when the baby gets bigger, it moves its arms and legs a little once in a while, just as if it wanted to remind mother that it was there, growing inside the nest, and make her think about it and wish she could see it.

The bigger the baby grows, the nearer it comes to mother's heart. After it has been in the nest for nine months, it has snuggled up very close. Now it is time for it to come out. It lies all cuddled up in the nest with its legs tucked up, its little arms folded across its breast, and its head next to the door of the nest. The door is down at the bottom of the nest, and it opens into a sort of hallway, which leads from the nest to the outside, in the lower end of mother's body. This hallway is very small before the baby is ready to use it, and you couldn't imagine how the baby could ever get through; but there is a very wonderful thing about it, for it is lined with soft skin like the lining of your mouth, only instead of being smooth as your

mouth is, it is all crinkled. When it is time for the baby to come, the crinkles spread out smooth, and the hallway is then quite wide enough for the baby to go through. Then some muscles in the mother's body press down hard against the baby, just as you can press hard against something with the muscles in your hand; and these muscles push the baby down through the door of the nest, through the hallway, right out to the outside world.

The very first thing the baby does when it arrives is to cry. Oh, how happy mother is to hear that cry, for then she knows that her baby is really here! After the baby has come, the mother must stay in bed for two or three weeks. You see, the nest has grown very large in order to hold a baby all wrapped up in a soft, warm blanket, and it has moved up near mother's heart, so the baby could snuggle up close. Now that it is empty, the nest must go back where it was before. Mother must lie quiet while this is taking place. You might really think a fairy was still there waving her wand, for after the baby leaves the nest, the nest begins to shrink, and gets smaller, and smaller, and smaller, until after a while it is only a tiny little nest again just as it was before the baby started to grow in it.

The little new baby is very helpless; it can't do anything for itself at all, and would soon die unless there were someone to take care of it. I have seen little downy chickens run around and pick up food only a short time after they came out of the shell, but the baby must have everything done for it for a long time. Do you know, I think that is one reason why

mothers love their little babies so much, because they are so helpless and need so much care.

When the baby is little, it can't eat as older children do, so there is milk prepared for it in the breasts of the mother; milk that is warm and just right in every way. Can you guess how much a new-born baby's stomach will hold? About an eighth of a glass, that is all; so there is only a little milk in the beginning; but as the baby grows bigger and needs more milk, more milk comes, until the baby is old enough to eat a little food. Then the milk gets less and less, and by-and-by it stops altogether.

Just think how large a part the mother has in the creation of the new little life! Her body must supply the blood; therefore she must eat good nourishing food so as to make good blood. She must be very careful always to breathe fresh air, because, as you know, the blood is made pure in the lungs, and she must keep her blood very fresh and pure for her little one. Then, too, mother must be careful not to get over tired, for this would affect the nest and harm the little baby. Finally, and very important, too, she must keep her thoughts happy and sweet and pure, and not lose her patience or get angry. You know, if you get angry, or frightened, or feel unhappy, it affects your whole body, and even makes you sick sometimes. If anything like that happens to the mother, it may harm the little baby.

Whenever you see a woman who is going to have a little baby come to her, think of how much she must do so that the little baby can grow big and strong and fine. Try to help her and save her steps; wait on her

whenever you can, but most important of all, don't worry her or make her cross. Do everything you can to make her feel happy and sweet-tempered. For when you do this, you are not only helping the mother, but you are being kind to the little helpless baby, too.

III.

In the body of every little girl is a nest just like the one in mother's body; only it is much smaller. While the child is young, this nest stays very small; but when the little girl gets to be thirteen or fourteen, the nest begins to grow. At this time, the little girl's breasts commence to increase in size and grow full and plump. All this means that she is changing now from a child into a little woman.

This little nest that is in every girl's body is called the womb. It is placed way down low in the center of her body in front. The womb looks something like a small pear set with its large end up, only it is not perfectly round but flattened from front to back, as if you had pressed it together between your two hands. Suppose we take a pear and cut it in half, the long way, then from the inside of each half cut off a slice, so as to flatten it a little. Now dig out the core and pull out the stem. Put the two halves of the pear back together again, and you will have a little idea what the womb is like. The little hollow formed by taking out the core would be the inside of the nest, which is very small. The opening caused by pulling out the stem would be the door of the nest.

Besides the nest called the womb, where the baby

grows, there are two other nests, much smaller, but very important. You remember I told you that the baby begins its life in a tiny little bit of an egg, so small that you couldn't even imagine it any smaller? The two other nests contain these little eggs, just as the bird's nest holds the bird's eggs. Only these eggs are very, very small, so the nests are small, too; just about as large as an almond nut, and much the same shape. The two little nests are called ovaries. You see, in a very old language called Latin, which maybe you will study some day, eggs are called ova, so it was natural to call a nest that holds the ova, the ovary.

The ovaries are connected with the womb by two very small tubes; so small that you could hardly more than pull a horse hair through them. Now you can imagine how very, very tiny the eggs are.

Let's get two almond nuts and stick a tooth-pick into the pointed end of each, and put the other end of the tooth-picks between the two halves of the pear opposite each other at the broad end. Now you can imagine just a little how the three nests look. When a child is small, these three nests are very small indeed, but even then the tiny, tiny little eggs are there, all snuggled up close together inside the ovaries. They were there even when the little baby was born. They stay there all quietly asleep until the girl changes into a little woman. Then, once in every four weeks, a tiny tiny little egg leaves its soft, warm nest in the ovary and goes on a journey down through the fine tube to the larger nest. It is so very small you couldn't even see it. When a girl is little, and when she grows big, too, before she is married, this little egg keeps wan-

dering along until it reaches the door and then it just gets lost and the little girl doesn't know anything about it, because it is so tiny she couldn't see it anyway.

But after a girl has grown up and married, then sometimes there is something that makes the little egg stay cuddled up close to one side of the larger nest and begin to grow and grow, until after a while it grows into a real live baby.

Of course, while a girl is little, and before she is married, it is not time for the nests to be used, but they must do certain things over and over regularly, so that when the proper time does come, everything will be ready for the little baby. You know that whenever you want to learn to do anything well, you practice it over and over again. If you want to play a piece on the piano for company, you begin a long time ahead. You practice regularly every day until after a while your fingers play almost without your thinking about it, and when you play for the company you do it without making any mistakes. Now very much the same thing happens with the three little nests. Long before it is time for them to be needed, they begin to do certain things over and over, so that when it is time for the baby to come, everything will be ready to work just as it should. Regularly every four weeks the tiny little egg leaves its soft, warm nest and starts on its journey to the larger nest. Just as regularly, the larger nest gets all ready to receive it; just as if it were really going to stay.

You know, when you prick your finger how a little drop of blood comes out? The blood comes from tiny little blood-vessels that run very close together under

the skin. You can see some of the larger blood-vessels, but these very tiny ones that send out blood wherever you prick yourself, you can't see at all, no matter how closely you look. Now, the inside of the larger nest is lined with a very soft, fine skin like the lining of your mouth. Close under this skin are a great many fine blood-vessels, just the same as in your finger. When it comes near the time for the wee little egg to leave its nest in the ovary and begin its journey to the larger nest, these little tiny blood-vessels get fuller and fuller of blood, just as though that fairy were there, telling them that the egg was coming. By the time the wee little egg arrives, they are just as full as they can hold.

Now, if the little girl were grown up and married, and the egg stayed in the larger nest, the blood would be there, all ready to feed the little tiny thing and to supply it with all that it needed to grow into a real, live baby. But long before a girl is old enough to get married, whenever the time comes for the egg to leave its nest, the blood-vessels get very, very full, and when the little egg wanders off and gets lost, the blood isn't needed any more, so it just squeezes through the soft, fine skin, and runs down the hallway to the outside.

If a little girl did not know about this, she would be very much frightened to see stains of blood on her clothes, but now that you do know, you won't be afraid at all; you will just think "I'm growing into a woman now, that is why this has happened."

You know that if you cut your finger and the blood comes, you run to the basin and let the cold water run on it to stop the bleeding; but you don't want to stop the blood coming from the nest. You want to let

all the blood that is there come out. This takes three or four or five days, sometimes longer for one person than for another. You see, this blood has been collecting in the nest for some time, so it must all come away, then when the next egg arrives there will be a fresh, new supply of blood all ready for it. That is why you must never put cold water at the opening of the nest, or do anything else to try to stop the blood, because if you did, the nests would not do their work properly, and this would cause a lot of trouble. Just as soon as you see any blood on your clothes, come and tell mother quietly and she will show you how to fasten on a cloth that will keep your clothes from getting soiled.

It is very important that the nests do this work when a girl is young, so that by the time she grows up and gets married they will be ready to do the great work for which they were created. There are a few things that every girl should know and remember, so as to help the little nests to do their work in the right way.

First, since the blood is not needed, it is best that it should come away, so you must be very careful not to do anything that might stop it. Never go in bathing, or paddling, or take a cold bath at that time. Also be very careful not to get your feet wet, or sit in a draught, as either of these might have the same effect.

Next, you must not run and jump and play hard at this time, the way you do at other times. Exercise is good, because it sends the blood rushing through every part of your body. But you do not want the blood to

be sent rushing to the nest now. While it is in this condition, it must not be disturbed, but be kept still so that it can do its work properly. So sit quietly and read or sew, and if mother thinks it best for you to stay at home from school for a day or two, just remember that this is your little part in helping the three nests to get ready for their great work in the future.

One more way in which you can help the nests to do their work right is by keeping the outside parts very clean; especially while the big nest is giving off the blood it no longer needs. Take a wash-cloth wrung out in warm water, put soap on it and wash this part of your body every night and morning.

Finally, never get impatient or cross if your period, as this time is called, comes when you very much want to go for a walk or dance or play some lively games, or go in bathing or paddling. When you feel that way, just think what a great thing the nests are preparing for, then you won't mind giving up your pleasure in order to help them in their work.

The creation of life is a very wonderful thing; something that no one fully understands; something that all things which live are allowed to share with God. You know that everything that has to do with God is sacred, so this is sacred, too. That is why every little girl should take such especial care of the three little nests. That is why, too, we always keep the opening of the nest covered, and never touch it except to make it clean. Some people think that it is because we are ashamed of it, but they don't understand. It is nothing to be ashamed of, only something to be kept sacred and holy. That, too, is why we do

not talk about the coming of the little baby or of the period when the nest is sending off the blood it does not need. These things are sacred and only to be talked about with mother. Those little girls who talk about such things with one another do so because they have never been told the wonderful story as you have heard it. I am sure, now that mother has told you all these things, you will not talk about them to anyone else, but if there is anything you do not understand you will come to mother and she will explain it to you.

IV.

In the little talks that we have had together, we have thought a great deal about the part that God has given to the mother, both in the creation and care of the little baby.

He has given a share in this creation to the father, too; not quite so big a share as the mother has, but still a very important one. This is so with all the animals, and with the human father, too.

I told you how the father bird and the mother bird bring bits of stick and grass and pieces of horse hair, and together build the nest for the young birds. After the mother bird lays her eggs in the nest, the father bird helps her to take care of them; either he brings her food while she sits on the eggs, or else he takes his turn snuggling down in the nest to keep the eggs warm while the mother bird hunts for her own dinner. Then, after the young birds come out of their shells, both the father and the mother birds hunt for food for their hungry family.

But that is not all that the father bird does, for to him has been given an important part in the very beginning of the life of the little birds.

Inside of the mother bird is a nest called the ovary—just the same name as the two smaller nests in the girl and woman. Tucked away inside the ovary are tiny yellow eggs, each one containing a little speck of life. The father bird, too, has a little nest inside of his body containing very tiny specks of life. The little bird cannot begin to live at all unless these two specks of life, the father speck and the mother speck join together. Neither little speck is any use at all without the other, they are only half-lives; but when the father half-life and the mother half-life join together, at that moment the baby bird really truly begins to live. God has taught the father bird that he must bring his half-life to meet the mother half-life; so, before they have begun to build the nest in the tree, and while the little eggs are still very tiny, the father bird comes up close to the mother bird and presses the half-lives from the nest inside his body to the entrance of the nest in the mother bird's body. These little father half-lives are very, very tiny; so small that you couldn't possibly see them unless you could look at them through a microscope, but they are very much alive. Once inside of the mother bird's body, they hurry along until they reach the place where the mother half-lives are asleep inside the tiny eggs, then one little father half-life and one little mother half-life join together. These two make the whole life from which the baby bird will develop.

Somehow the joining together of the two half-lives

always makes me think of the story of Prince Charming and the sleeping princess. You remember how the beautiful princess lay asleep inside the enchanted castle, and could never wake up until Prince Charming found her and kissed her into life. We might call the nest inside of the mother bird's body the enchanted castle, and the mother half-life inside the tiny bit of an egg the sleeping princess. She will never, never wake up, because she is only half a life, until the other half-life—the father half-life—comes like Prince Charming to awaken her, then together they will live in the new little life.

Isn't that a very beautiful thought, that God did not give all the wonderful work of creation to the mother, but gave the father just the same share as the mother in starting the new little life? The same thing that is true of the birds is true of all the animals; dogs, and cats, and horses, and cows, and of human beings, too.

Every little girl and woman has two tiny nests where the little mother half-lives are tucked away, and every boy and man has two nests where the father half-lives live, waiting until it is time for them to do their important work. This time does not come until the boy has grown up to be a man and has married some girl whom he loves very much; then, in order that the little baby may begin its life, the father places the half-lives from his nest where they can reach the mother half-lives, in the hallway leading to mother's nest. When the father half-life and the mother half-life meet, inside of mother's nest, then they begin together the life of the little baby.

This is father's part in the creation of the new little

7
baby; after that, mother must protect and feed the child growing in her nest, until it comes into the world. Then she must still feed it with the milk that God has sent to her in her breasts, and she must watch over it and take care of it for a long, long time. All that father can do now is to watch over and take care of mother; giving her what she needs and making her life as happy and free from trouble as he can, so the little baby will have the best possible chance to grow.

Now you can understand why it is that children sometimes look like father and sometimes like mother; and why some things about them remind you of father and others of mother, because in the very beginning, just half of the baby life came from father and the other half from mother.

The very, very beginning of the little baby's life, when father gives into mother's care his precious half-lives, is the part that God allows father and mother together to share with Him in the creation of life. Therefore, it is something which is very holy and sacred and should never, *never* be talked about, excepting quietly and privately by those who are very near and dear to each other, such as father and mother together, or you and mother together. It should never, *never* be spoken of to other girls, or before other people. Those who really understand the sacredness and wonder of it all *couldn't* talk about it as if it were just any ordinary subject.

Now that you are old enough to understand, mother is glad to explain these things to you. Everything that has been created by God is pure and beautiful and good, and therefore right for us to know about;

but we must understand it in the way God intended, so that we can see the beautiful side.

I think these talks have made you understand just a little of what father and mother have had to give in order to bring their little children into the world and care for them while they are growing up. Now you will love them more than ever. You will run to wait on father when he comes home tired at night. You will be more thoughtful of mother, and if ever she expects a new little baby, you will try to save her steps. You will be extra gentle and patient with her at this time, and be careful not to do anything that might make her cross or cause her worry.

There are three things that mother would like to have you remember always. The first is that every little girl should think of her body as something sacred, because God has entrusted to her the care of the little mother half-lives. Even while she is little, they are snuggled up asleep inside the two tiny nests and they are kept alive by her blood. If she is strong and healthy and true, very likely the little half-lives will take after her, but if she is sickly, or if she does not take good care of her body, no one knows what harm she may do to them, too.

Next, never allow anyone to do anything to you which you would be ashamed to have mother see. Boys and girls can play and have all sorts of good times together, but no girl who thinks of her body as sacred will allow a boy to maul her, or kiss her, even in fun or in a game; she will want to keep herself pure and fresh and sweet for the one boy who is going to come some day to be her mate for life.

Finally, if you want to keep your body sacred and pure, you *must* keep your thoughts always pure. You can never do a kind act without first having a kind thought, and you can never do a mean act unless first you have had a mean thought. Our thoughts are the very most important things in our whole lives, because it is, after all, our thoughts which form our characters.

Keep these things always before your mind; never do anything that you would not want mother to see; never say anything that you would not want mother to know; never listen to anything that you would not want mother to hear; try always to keep your thoughts kind and sweet; and whenever you have done something that you know was wrong, come and tell mother. I heard once of a little girl who every night when she went to bed told her mother about all the naughty things she had done that day that she was sorry for, and her mother told her of all the good things she had seen in her little girl during the day that had made her happy. Mother is your best friend to whom you can tell everything. She is always ready to help her little girl, even when she has been naughty, to do better next time. Remember this, then you will grow into the pure, noble woman that mother and father want you to be.

Officers of The Society of Sanitary and Moral Prophylaxis

Prince A. Morrow, M. D., Founder

OFFICERS

PRESIDENT

Edward L. Keyes, Jr., M. D.
109 East 34th Street

VICE-PRESIDENTS

Stephen Smith, M. D. Francis L. Stetson, Esq.
Prof. Edwin R. A. Seligman

SECRETARY

Henry P. de Forest, M. D.
150 West 47th Street

TREASURER

Andrew J. Gilmour, M. D.
133 East 57th Street

EXECUTIVE COMMITTEE

Marshall C. Allaben, Chairman

Prof. Maurice A. Bigelow Rosalie S. Morton, M.D.
Raymond P. Kaighn James Pedersen, M. D.

The President, The Treasurer and The Secretary, ex officio

COMMITTEE ON EDUCATION

Col. Robert L. Harrison, Chairman

Thomas M. Balliet, Ph. D. Rev. Charles K. Gilbert
Mrs. James P. Cahen Max J. Exner, M. D.
Margaret A. Cleaves, M. D. Mrs. John P. Peters
Orrin G. Cocks Dr. Eugene L. Swan
Miss F. I. Davenport

The President and Secretary ex officio

Tilden Building, 105 West 40th Street
New York City

Printed by
Frederick H. Hitchcock
105 West 40th Street
New York



0 021 048 401 2

Literature of the Society

Transactions of the Society

Vol. I and Vol. II, out of print
Vol. III, ending May 31, 1910

Price, Each, 50 cents in Paper: \$1 in Cloth

Educational Pamphlets

Price, 10 cents. 50 copies \$3. 100 copies \$5.

No. 1.—The Young Man's Problem
(38th Thousand)

No. 2.—Instruction in the Physiology and
Hygiene of Sex. For Teachers

No. 3.—The Relations of Social Diseases
with Marriage and Their Prophylaxis
Out of print

No. 4.—The Boy Problem
For Parents and Teachers
(32nd Thousand)

No. 5.—How My Uncle, the Doctor In-
structed Me in Matters of Sex
(20th Thousand)

No. 6.—Health and the Hygiene of Sex
For College Students
(65th Thousand)

No. 7.—The Mothers Reply
For Mothers

Reprints

Price, 5 cents a copy; 100, \$3.00

NO. 1.—THE SEX PROBLEM

NO. 2.—EUGENICS AND RACIAL POISONS

NO. 3.—THE SEXUAL NECESSITY

Social Diseases

A Quarterly Journal, \$1.00 per year

Orders should be sent to the Secretary
Society of Sanitary and Moral Prophylaxis
Tilden Building, 105 West 40th Street
New York